

Albany County School District #1

and Sodexo

Presents

The 2nd Annual

Health & Wellness Fair

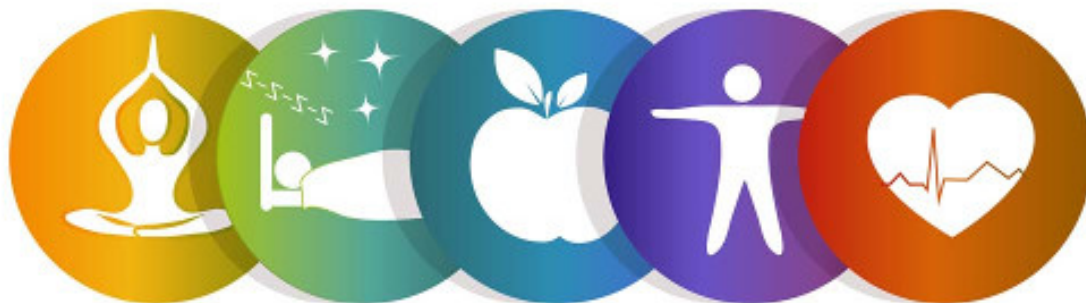
Laramie High School Commons

THURSDAY, NOVEMBER 7TH

4 P.M. TO 7 P.M.

Nutritional Counseling
Gardening in Laramie
Healthy Cooking Options
Back Pack Program
Chiropractic Care
Exercise Importance

Massage Therapy
Vision Care
Mental Health Care
Taste 4
Oral Health Care
Kids Nutrition



“Your health is what you make of it. Everything you do and think either adds to the vitality, energy and spirit you possess or takes away from it.”

Ann Wigmore